

ABSTRACT

Determinants of Pre Hypertension among Abdominal Obesity in Gresik District

Pre hypertension is common in the people with abdominal obesity. The prevalence of abdominal obesity in Gresik is 21.5%. Dietary compliance of patients with pre hypertension and abdominal obesity was needed to decrease the risk of hypertension. Pre hypertension and hypertension has correlation with various complications in almost organs. This study aims to analyze the determinants of pre hypertension on people with abdominal obesity in Gresik. This study was conducted with cross sectional design. The subjects of this study were patients who came to the outpatient unit in public health clinic (Puskesmas). They were taken by consecutively method as 74 people. The individual characteristics of this study were aged between 25-64 years, had abdominal obesity, not pregnant, non hypertension, and not in a state of shock. Subjects were interviewed related to age, sex, education level, physical activities, smoking habits, family history of diseases, and eating habits. They tested of their blood pressure, total cholesterol level, LDL, HDL, triglyceride level, and fasting blood sugar level. The data's analyzed by using multiple logistic regression. The result of this study founded that prevalence of pre hypertension in abdominal obesity as 62.2%. Comparing by sex, male has many experiences of pre hypertension than female. Physical activities and smoking habits have no correlation with pre hypertension. Total cholesterol, LDL, HDL and diabetes mellitus have no correlation with pre hypertension. Triglyceride levels were significantly associated with pre hypertension (PR = 4.620; 95% CI: 1.439 to 14.831; p = 0.010). The prevalence of pre hypertension in abdominal obesity is quite high at the age of 25-64 years. Interventions that prevent pre hypertension should be done early by modifying lifestyle in people with abdominal obesity.

Keywords: *pre hypertension, abdominal obesity, triglycerides, life style.*